

Mental Health Chaplaincy

in Cambridgeshire, Fenland and Peterborough

valuing and nurturing the human spirit



Take a cigarette break

Can't recommend that you smoke a ciggie when you do, though. But do take the break. And, notice what you're doing and why you're doing it too. Do it mindfully.

We heard about this approach to self-care at our recent Mindfulness conference on World Mental Health Day.

A number of psychological research studies have shown that:

- People with a regular mindfulness practice are more contented than average. Anxiety and irritability decrease with regular practice. Positive emotions are linked to longer, happier lives
- Mental stamina increases, memory improves and reaction times become faster
- Empathy increases and emotional resilience enhanced.
- Decision making, planning & organising skills are improved.

Carols, songs & fresh coffee
Friday Dec 21 at 4pm
Fulbourn Hospital Chapel
Come along



Mindfulness is a translation of a word that simply means awareness. It's a direct, intuitive knowing of what you are doing while you are doing it. It's knowing what's going on inside your mind and body, and what's going on in the outside world as well.

MENTAL HEALTH CHAPLAINCY TRAINING FOR LOCAL PEOPLE

Next course

January 28th 2013 & 6 more sessions
Once a month from 6-8.30pm
Fulbourn Hospital Chapel

What is mental health?
What is mental illness?
What good is psychiatry?
What good is psychology?
What is madness, anyway?
What is spirituality?

What can you do to help someone?

further information: john.nicholson@cpft.nhs.uk

BOOK ONLINE [it's free] at ~

<http://mentalhealthchaplaincytraining.eventbrite.co.uk/>

You may have heard about mindfulness in its clinical application as a "treatment of choice" for recurrent depression, but you might not know that there is also a growing evidence-base for its wise application in the world of big business - including healthcare providers like CPFT. And it's easy enough to see why. For example: stress was one of the top 2 health issues at Transport for London. In 2010 they offered staff with high sickness absence records six week stress reduction workshops. The workshops, based around mindfulness practices paid dividends. Employees who attended reported absence for stress, anxiety and depression reduced by 71%. Absences for all conditions reduced by 50%, and 53% reported feeling happier at work.

Google it. Give it a go. You'll feel much better. More importantly, you'll have more time for, and a better focus on, the people you're here for - whether it's the people you manage, the people you work alongside, patients, carers or whoever . . .the list goes on. . .and includes your family and your friends.

May 2013 be a good year for you. Many best wishes

from your Chaplaincy team. *John* [MH Chaplain]

Mental Health Chaplaincy

in Cambridgeshire, Fenland and Peterborough

valuing and nurturing the human spirit

Peterborough News and Events

Welcome Ros Lane, Chaplain

Ros joined us as part of the chaplaincy team at the beginning of October. She was ordained as an Anglican priest in 1996 and has spent most of her ministry since then as a prison chaplain. In 2001 she qualified as a psychodynamic psychotherapist and has a small private practice. She has a qualification in forensic psychotherapy from the Tavistock and Portman NHS trust and believes in working collaboratively with others in the best interests of those who she sees in her ministry.

She comes to us with an academic background in practical theology and is currently completing her professional doctorate at the University of Chester with the feminist theologian Professor Elaine Graham. Her research has been into the role of sacred space within institutions; disenfranchised grief and the role that faith, religion and spirituality can play in liberating and enfranchising people from this whilst in custody, as well as reflective practice and the role that supervision can play in regard to this for the chaplain. She recently delivered a conference paper at the Royal College of psychiatrist Special Interest Group in Spirituality.

Ros is a member of the College of Health Care Chaplains and as part of this has a national role of representing mental health chaplains upon the Mental Health Chaplain's task group who organise and promote conferences, training and support for others within the college. She is a supervisor on the MTh programme in Practical Theology at Anglia Ruskin University and a lecturer at the University of Cardiff within the Centre for Chaplaincy Studies.

Ros says 'I feel very welcomed as a new member of staff within the trust and the Diocese of Peterborough and look forward to working alongside you'.

What does a chaplain do?
See our VIDEO 😊

Your Chaplaincy Service
[only 9 minutes long]

<http://www.youtube.com/watch?v=AC S35lel17Y>

Putting Spirituality at the heart of Recovery living

MH Chaplaincy supports our Recovery College East initiative and will be co-delivering the Spirituality course offered in its prospectus. We'd like to congratulate the group responsible for creating the college and to wish them and the college community great success in what will be, no doubt, its very exciting future.

For more information contact
recoverycollegeeast@cpft.nhs.uk
or phone 01223 884431.

Cavell Centre Carol Service
Tuesday 18th December 2012
1.30pm
All are welcome

We need a keyboard player

We are currently looking for a new keyboard player to assist us at Holy communion Services in the sanctuary in the Cavell Centre on two Sunday per month at 11am. If you are interested then please give us a call on 01733 776080. Many Thanks, Ros and Mary.

Your Chaplains in Peterborough & Fenland



Ros Lane
Weds-Fri
01733 776000
Rosalind.Lane@cpft.nhs.uk



Mary Hanna
Tues-Thurs
M 07887 655713
Mary.Hanna@cpft.nhs.uk

*We're at the Cavell Centre Sanctuary
each Sunday @11am too*